CHARTING the LifeCourse 🔼 😃













Integrated Supports

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.

| and indi | ividuals think about nov | v to work i | n partnership to | o support tr | neir vision | for a good life. |
|--|---|---|-----------------------------------|---|--|--|
| Technology | Personal Strengths & Assets | | | | | Relationships |
| Current What type of equipment & supplies do I HAVE that will help me stay connected, manage my d give me prompts/reminde monitor my symptoms? Future What type of equipment | Current What are the strengths Understanding and uses ay, rs and Social Distancing Washing Hands Wearing a Face Hand Washing Cleaning/disi Ability to recommunit sympted | of person/fause of: Masks //Sanitizer infecting ecognize & icate | Fut | r Education ir g /Sanitizer /lasks ng wipes mptoms ce | Existing Sta Family F Friends F Staff at plac Coaches of | Current Who are the people in my life now that can provide the supports that I need? aff riends of the Family family of Friends ces I go to frequently feams I play on Future pportunities exist to |
| & supplies do I NEED that stay connected, manage r prompts/reminders and me what activities that I can Are there activities I do n and want to continue in? Have I discovered new in | contine to do virtually? | Convers starters for into com activities hea | or return nmunity & staying | Past Clas Past Tea Staff/regu | of the family ssmates/Tea chers/Instru ulars at place fing options | ently in |
| I want to do more with? Current How I What Can I Will I | many people will be there? is open? What are the hou practice social distancing v need to use the public restr will I get there? | while there? | | | | Current |
| Community Based | | Future | Future | | ı | Eligibility Specific |

Access the LifeCourse framework and tools at lifecoursetools.com.